



GYMNASTICS: Q&A

Q: (Contact) Who is the NCAA Rules Interpreter?

A: Chrystal Chollet-Norton: rulesncaagym@embargmail.com

Q: (Equipment) Can a board be placed on top of a 4" throw mat on top of the 20cm landing mat?

A: Yes. Refer to USAG 2014-15; Women's Program Rules and Policies; Chapter 8; 1. General Consideration; h. 4.

Q: (Uniform) Where can you find the rule on hair needing to be away from face?

A: Refer to USAG JO Code of Points; General Information; Chapter 1; Judging Panels; Chief Judge; 14. h. 10. Also, refer to the USAG 2014-15 Women's Program Rules and Policies; Chapter 1-Membership; II. B. 9. b.

Q: (Uneven Bars) What is the required number of elements on Uneven Bars?

A: The required number of elements in an uneven bars routine is 8. Refer to USAG; JO Code of Points; General Information; Chapter 3; I. Value Parts; G. Level 10; 3 "A"; 3 "B"; 2 "C".

Q: (Uneven Bars) What would be the total bonus for the following uneven bar combination; blind change ½; free hip to handstand; overshoot handstand?

A: +0.20. A 0.10 bonus for overshoot to handstand "D" and 0.10 CV for free hip to overshoot to handstand; "C+D". Refer to JO Code of Points; Uneven Bars; Chapter 4; II. Principles for Awarding Connections Value Bonus; C+D or D+ C; when a "C" element is connected to a "D" or "E" element the "C" is not required to have flight or turn and III. "D/E" Bonus; C.

Q: (Floor Exercise) Has the value of a 1.309 Tour Jete Half landing in split sit changed?

A: No. It is still a "C". It is not on the exception list in the NCAA Rules Modifications and it is still listed as a "C" in the USAG JO Code of Points.

Q: (Floor Exercise) What would be the deduction if the coach marked the mat used on floor exercise that exceeds the boundary lines with chalk?

A: 0.30 deduction. Refer to NCAA Rules Modifications; 6. Equipment and Procedures; An institution that does not adhere to the policies and procedures during NCAA championships competition may be subject to further disciplinary action and/or a financial penalty up to a maximum of \$600 per offense by the women's gymnastics committee. Note: A .30 deduction may be incurred for improper use of equipment.

6.1 Equipment;

- n. If a mat used on floor exercise exceeds the boundary lines, the mat must be clearly marked with tape (not chalk) to indicate the actual boundary lines. Failure to mark the mat will result in a .10 deduction taken off the average. Tape may not be placed in the center of the floor exercise mat.
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(Notification) The following recommendation presented to the NCAA Playing and Officiating Panel (PROP) Committee on January 15 for review related to NCAA postseason competition (regionals and finals only) has been approved and is effective for the 2015 NCAA postseason. The recommendation below may also be used during regular season meet competitions yet is not required.

“During NCAA postseason competition, there will be a 4:00 touch warm-up on each event. At the NCAA regionals and national championships, 0:30 will be added for each all-around and individual competitor. All participants on each event may use the entire touch warm-up time and all warm-ups will begin at the same time, regardless of duration. Additionally, there will be a 2:00 transition between each event beginning when the final competitor salutes the judge at the conclusion of her routine. For the NCAA regionals and national championships, the 2:00 transition will be announced and adjustments may be made to extend the time, as necessary, for an orderly processional between events.”

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